CBT4CBT: Computer-Based Training to be a Cognitive-Behavioral Therapist (for anxiety in youth)

CBT4CBT provides the rationale for the components of the treatment, step-by-step descriptions of how to conduct each of the sessions, and samples of video-taped sessions and children performing exposure tasks.

This computer-based training program is designed to train and provide materials to implement a cognitive-behavioral treatment for anxiety in children and young adolescents.

CBT4CBT prepares you to implement either:
- The 16-session Coping Cat treatment (completed with the Coping Cat Workbook) or

Philip C. Kendall, Ph.D., ABPP
Muniya S. Khanna, Ph.D.

SYSTEM REQUIREMENTS

Windows:
- 400 MHz Intel Pentium II processor (or equivalent) and later
- Windows 2000, XP, Vista
- DVD-ROM
- 256 MB RAM
- 1024 x 768, 16-bit display (12-bit recommended)
- 2.5 GB available disk space
- Speakers or headphones

Macintosh:
- 600 MHz PowerPC G4 and later
- Mac OS X 10.3 or later
- DVD-ROM
- 256 MB RAM
- 1024 x 768, 15-bit display (12-bit recommended)
- 2.0 GB available disk space
- Speakers or headphones


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CBT4CBT, CBT is a multimedia program. The program is organized into modules. Most are session-by-session guides for implementation, whereas some modules address specific themes. You will:
- See video clips of various therapy sessions
- Watch video examples of exposure tasks
- See animated excerpts from Camp-Cope-A-Lot: The Coping Cat CD.
- Have access to a variety of printable materials and resources
- Have access to computer-based interactivities and online video games to use in session
- Read tips from experienced therapists
- Complete brief "Knowledge Checks"
- Have access to a printable 'Notepad' on which to take notes and use as a reference.

In CBT4CBT, various icons highlight information, materials and functions:
- Interactivities from Camp-Cope-A-Lot: The Coping Cat CD for use in session
- Background information and sources
- Suggestions that have been provided by practicing and experienced therapists
- An activity or treatment content that lends itself easily to flexible implementation
- Videos of therapy sessions
- References to pages in the Coping Cat Workbook
- Treatment materials, including games, charts, activities, etc.
- Print materials and resources
- A call-out with helpful reminders

SYSTEM REQUIREMENTS
- Windows: 400 MHz Intel Pentium III processor (or equivalent) and later
- Version 2000, XP, Vista
- DVD ROM
- 16 MB RAM
- 1024 x 768, 16-bit display (32-bit recommended)
- 3.5 GB available disk space
- Speakers or headphones

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